

# Vermont Department of Education Linking Health & Learning e-Bulletin

April 2009

## News and General Announcements

### Youth Risk Behavior Survey (YRBS) Student Analysis Project

The YRBS Student Analysis project, funded by the Department of Education, is an opportunity for students to take a lead in bringing meaning to their own survey data and taking steps to strengthen their school and community based on their findings. For an overview, information on how to apply, and to view the newsletter which highlights successes of currently participating schools, click [here](#). For more information, contact Helen Beattie at [hnbeattie@aol.com](mailto:hnbeattie@aol.com) or Kate Cassi O'Neill at [kathryn.oneill@state.vt.us](mailto:kathryn.oneill@state.vt.us).

### Health Education Resource Center (HERC)- Contact Information Update

Due to the many changes at the Vermont Department of Education (DOE) and to allow more flexibility with HERC, the email address to request resources been has changed to [DOE-HERC@state.vt.us](mailto:DOE-HERC@state.vt.us). The phone number for HERC is still 802-828-0543. Also, a friendly reminder to please return the resources in a timely fashion as we have a waitlist for some of the materials. We generally suggest that resources should be returned from loan within three weeks. If you would like an extension, please contact either Karen Abbott or Donna McAllister at the number above.

### Bullying Prevention Resource for K-3

Are you working toward bullying prevention in your classroom? What about healthy relationships, decision-making and respect? If so, then [LearntobeHealthy.org](http://LearntobeHealthy.org) has great news for you! They've launched the second of four educational kits focused on mental health and wellness. The "[Sealing Me for Me](#)" kit is an underwater adventure for students in grades K – 3.

### Web-based Info Center for Social Services

The Community Partnership of Southern Arizona, a not-for-profit provider of behavioral health services in southern Arizona, has just launched a module on their Web site that should be of benefit to anyone who is trying to find social services in any of the 50 states. Visit: [www.cpsa-rbha.org](http://www.cpsa-rbha.org). From the bottom right side of their home page there is a link to National Information and direct access to state specific resources.

### Fit and Healthy Kids School Wellness Award

*Application Deadline: April 10, 2009*

The Fit and Healthy Kids School Wellness Awards (previously the Green Mountain Wellness Award for Schools) recognize schools whose policies and practices reflect a high priority on healthy outcomes for children. The program is sponsored by Vermont's Action for Healthy Kids, the New England Dairy Council, and Departments of Health and Education. Awards are given for top scoring schools to be used to support school wellness activities. The application is available [here](#). For more information contact Suzanne Kelley at [skelley@vdh.state.vt.us](mailto:skelley@vdh.state.vt.us) or (802) 657-4202.

### NASPE's April Teacher Toolbox

For April physical education teaching resources click [here](#).

### May 1-7 is National Physical Education and Sport Week, "Be Active Your Way"

Each year NASPE develops special integrated activities for teachers and their students to do during National Physical Education and Sport Week, May 1-7. NASPE encourages all K-12 physical education teachers to take advantage of these wonderful resources to showcase the quality sport and physical education programs in your school and community. For a

sample press release, daily activities and more click [here](#).

## Grant and Funding Opportunities

### Fresh Fruit & Vegetable Program

Applications are on their way to all schools for the next round of Fresh Fruit and Vegetable Program Funds for the 2009/2010 school year. Schools whose enrollment is at or above the 50% Free and Reduced Price Eligibility level are eligible to apply for these funds. The goal of the program is to create healthier school environments by providing healthier food choices through an expanded variety of fruits and vegetables that children experience and consume. The program is an important catalyst for change to combat childhood obesity and help children learn more healthful eating habits. If your school is at or near this level and would like an application, please contact Laurie Colgan at Child Nutrition Programs, 828-5153, or [laurie.colgan@state.vt.us](mailto:laurie.colgan@state.vt.us).

### School Nutrition Equipment Grants

The American Recovery and Reinvestment Act (ARRA), otherwise known as the Economic Stimulus Package, includes money for school equipment grants. The focus for these funds is to purchase equipment to improve the quality of school foodservice meals that meet dietary guidelines, improve the safety of food served in the school meal programs, improve the overall energy efficiency of school foodservice operations, and allow SFAs to support expanded participation in a school meal program. For more information, please contact Laurie Colgan at Child Nutrition Programs, [laurie.colgan@state.vt.us](mailto:laurie.colgan@state.vt.us) Grant applications will be in the mail soon to all schools!!!

### Tiger Woods Foundation Community and Family Development Grant

#### Deadline: May 1, 2009

The Tiger Woods Foundation strives to help young women and men reach their full potential by supporting community and family development efforts. The Foundation is seeking grant applicants that focus on providing opportunities to underserved youth, ages 5-17, with the average grant range between \$2,500 and \$25,000. The Foundation is particularly interested in programs that enhance the learning process for youth, enhance youth development, and that focus on youth in urban American cities. Eligible applicants include 501(c)(3) tax-exempt organizations that have been in place for at least one year and non-salary programmatic support for year round programs are eligible to receive this grant. For more program and grant information click [here](#)

### ING's Unsung Heroes Awards

#### Deadline: April 30, 2009

The ING Unsung Heroes awards program recognizes innovative and progressive thinking in education through monetary awards. The maximum award is \$25,000. Eligible parties include full-time educators, teachers, principals, paraprofessionals, or classified staff members with effective projects that improve student learning at an accredited K-12 public or private school. To learn more click [here](#)

### School-based Tobacco Use Prevention Grants

#### Deadline: May 1, 2009

In an effort to reduce and prevent tobacco use among youth, non-competitive grant funding is available through the Vermont Department of Education for supervisory unions and districts. Funds are appropriated annually by the Vermont Legislature and support schools in coordinating programs and implementing tobacco prevention strategies at the local level. Grant funding targets four primary goals: Coordination of Tobacco Prevention Efforts; Provision of Evidence-based Tobacco Prevention Education; Development and Implementation of Model Tobacco Policy; Involvement of Families and Community in Supporting School-based Tobacco Prevention Initiatives. For more information or to obtain a grant application, contact Kate Larose, (802) 828-0565, [kate.larose@state.vt.us](mailto:kate.larose@state.vt.us)

### Saucony Run For Good Foundation Offers Funding for Children's Running Programs

**Deadline: June 13, 2009**

The Saucony Run For Good Foundation is accepting applications for its grant program which was established to help end childhood obesity by providing financial support to organizations that offer running and fitness programs for children. Eligible applicants administer programs whose participants are 18 years of age or younger, have 501(c)(3) status, and can demonstrate that their program positively impacts the lives of participants through increased participation in running. Grants are in amounts up to a maximum of \$10,000 each. Click [here](#) for more information.

**Polar Electro Inc. Seeking Applications for Grant Writing Service**

In an effort to help schools secure funding for physical education technology Polar Electro Inc. offers a limited but free grant writing service. To apply click [here](#)

## Professional Development and Wellness Opportunities

For a Calendar of Vermont Department of Education-Sponsored Events click [here](#)

**Save the Date - Health Education Standards, Train the Trainers Workshop**

**May 6, 2009**

For more information contact Donna McAllister (802) 828-1636 or [donna.mcallister@state.vt.us](mailto:donna.mcallister@state.vt.us)

**4<sup>th</sup> Annual New England Arts Assessment Institute (NEAAI)**

**August 4 – 7, 2009**

**Castleton State College**

Co-sponsored by the Vermont and New Hampshire Departments of Education this event now has its own [website](#). Click to see photos of previous years, find the event brochure, registration form, draft schedule and to learn what is new for summer 2009. You can also read about the 2009 Faculty and Staff... all in one place. In addition there is a place for you to add your reflection about your experiences at NEAAI under Blog Posts. Sign up and join the NEAAI group to share information. For more information contact Gail Kilkelly (VT DOE) [gail.kilkelly@state.vt.us](mailto:gail.kilkelly@state.vt.us) or Marcia McCaffrey (NH DOE) at [MMcCaffrey@ed.state.nh.us](mailto:MMcCaffrey@ed.state.nh.us)

**BikeSmart - On-Bike! Train the Trainers Workshop**

**April 16, 2009**

**Barre**

This training is geared toward Parks and Recreation personnel, community volunteers, health professionals, school staff and law enforcement officers -- anyone interested in teaching safe bicycling to Vermont youth. The workshop provides the skills and knowledge you need to teach bicycle safety to students aged 5-13--either at a bicycle skills day/bicycle rodeo or as a series of lessons. This program is presented by the Center for Health and Learning with support from the VTrans Safe Routes to School Program, and will be instructed by certified bicycle safety instructor Becka Roolf of consulting firm Going Green L3C. The \$35 workshop fee includes the BikeSmart On-Bike curriculum, continental breakfast and lunch. Registration deadline is April 8<sup>th</sup>. To register for the workshop, click [here](#)

**This Is Your Brain on Television. Train the Trainers Workshop**

**April 28, 2009**

**Gifford Medical Center**

*This Is Your Brain on Television* is an award-winning book and curriculum which has been used in Vermont schools for over seven years. Bullying, stereotyping, body image, critical thinking, brain development, media history and ownership, and the formation of beliefs about violence are all addressed. The program is positive about media's potential, teaches critical viewing skills, and encourages youth to imagine how much better television *could* be. The cost of the training is \$150. For more information and to register please contact Amy Hornblas of AWARE (Aid to Women, Men and Children in Abuse and Rape Emergencies) [aware@vtlink.net](mailto:aware@vtlink.net) (802) 472-6463.

**Cultural Competency: Integrating Cultural Skills & Competence Into Prevention**

### **Programs**

**April 29, 2009**

**Montpelier**

Participants in this workshop will have the opportunity to explore and evaluate diversity issues and characteristics that are essential for developing and sustaining cultural skills, diversity and competency within their service delivery systems. For more information and to register click [here](#)

### **Vermont State School Nurses Association: Spring Conference**

**May 2, 2009**

**Killington**

This Saturday conference will be held at Mountain Meadows Lodge and offers a diverse group of presenters. Topics include Lyme Disease, pharmaceutical issues, and Vermont's health care programs. The afternoon will conclude with learning ways for transforming and releasing stress in our lives. Enjoy the spring foliage and views of Kent Pond while learning and networking with nurses from around the state. For more information, contact Wanda S. Riter at Proctor Elementary, 459-2225, or [wanda.riter@rcsu.org](mailto:wanda.riter@rcsu.org)

### **N-O-T (Not on Tobacco) Facilitator Trainings**

**May 5, 2009**

**Barre**

This workshop provides an overview of a tobacco cessation program serving regular smokers 14 through 19 years of age who are most likely addicted to nicotine. Based on social cognitive theory, the program trains youth in self-management and stimulus control, social skills and social influence, stress management, relapse prevention, techniques to manage nicotine withdrawal, weight management and peer pressure. The program's 10-session curriculum can be delivered in a school or community setting. Facilitators, who range from school nurses to SAP counselors to guidance counselors to community members, must attend this one-day training in order to offer the program at their school site. For more information and to register click [here](#)

### **The School Nurse's Role In Promoting Continence**

**May 14, 2009**

**LNV workshop**

This event will run from 3:30 - 5:00 p.m. and will address the school nurse role for students with intensive needs. Topics will include sharing expertise with the IEP team, nutrition & constipation, space needs, skills training for other bathroom helpers, toileting protocols, and resources. LNV locations include Colchester, Newport, Rutland City, Middlebury, and Enosburg Falls. For more information and to register contact Peggy Poppe RN, MSN, Continence Project Coordinator, 802-238-4256 or [mpoppe@uvm.edu](mailto:mpoppe@uvm.edu)

### **Asthma Educator Institute (AEI)**

**May 26-27, 2009**

**Randolph**

This training is sponsored by the American Lung Association and is a preparatory course for the National Asthma Educator Certification Board. It is designed to give health care providers the tools and skills to convey the most current information about asthma to children and parents. For more information and to register contact Rebecca Ryan at [rryan@lungvt.org](mailto:rryan@lungvt.org) or 802-876-6862.

### **Center for Health and Learning (CHL)**

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at [www.healthandlearning.org](http://www.healthandlearning.org) or call (802) 254-6590.

**Reminder: To unsubscribe, or subscribe, to the Linking Health & Learning Bulletin, contact Lindsay Simpson or [lindsay.simpson@state.vt.us](mailto:lindsay.simpson@state.vt.us)**